



## **The Sand Creek Group, Ltd.**

### **Your Employee Assistance Program**

#### **A benefit for you and your family. . .**

Life does not always go smoothly. All of us experience times when a personal problem or crisis situation affects the way we function at work and home.

Your Employee Assistance Program is a problem-solving resource that is available to you or members of your family. A professional counselor will assist you in assessing your situation, finding options, making choices or locating further help.

#### **It's free . . .**

Your employer covers the cost of initial assessment, additional problem solving sessions and referral services. If there is a need for long-term counseling to treatment, your counselor will help you explore the various insurance and/or payment options that are available.

#### **Some common concerns include:**

- Stress or burnout
- Financial concerns
- Marriage and family problems
- Alcohol or chemical dependency
- Work-related problems
- Parent-child difficulties
- Emotional problems

#### **It's convenient . . .**

Your Employee Assistance Program is as close as your phone. If you, or a family member living in your household, have a problem or concern, start with making a phone call. Sometimes, you can resolve an issue in a few minutes. Usually, you will make an appointment to meet for about an hour to assess your situation.

### **It's confidential . . .**

Your Employee Assistance Program has been set up with The Sand Creek Group, Ltd., an outside counseling resource to assure confidentiality. No one at work will know that you have chosen to seek help unless you choose to tell them. Nothing concerning your use of EAP will appear in your personnel file. You will be told how the program works to make sure your privacy is protected.

### **It's voluntary . . .**

Usually you are the person that is first aware of some stress or problem and will call for an appointment. Occasionally a manager or supervisor may suggest that you contact the Employee Assistance Program. That person may be aware that you are trying to cope with a complex problem or simply observe that something is troubling you. The choice to use the program is up to you.

The Sand Creek Group's Employee Assistance Program is available 24 hours a day, 7 days a week. We offer professional counseling help to all contract covered employees and their dependents coping with a wide variety of life challenges including:

Relationship problems	Alcohol and drug abuse	Stress and anxiety
Work related concerns	Money problems and debt	Grief and loss
Overcoming habits and other problems in living		

Help is as close as your phone. Give us a call.

**1-888-243-5744**

**TDD # 1-800-627-3529**

[sandcreekeap.com](http://sandcreekeap.com)

The Sand Creek Group, Ltd. is a behavioral health care corporation and a leading provider of employee assistance services.

Our counselors are highly train, caring professional who are dedicated to bringing the highest quality assistance to you and your family members.